

Boogie Down Productions Lyrics

"Beef"

Beef, what a relief
When will this poisonous product cease?
This is another public service announcement
 You can believe it, or you can doubt it
 Let us begin now with the cow
 The way it gets to your plate and how
 The cow doesn't grow fast enough for man
 So through his greed he makes a faster plan
 He has drugs to make the cow grow quicker
 Through the stress the cow gets sicker
 Twenty-one different drugs are pumped
 Into the cow in one big lump
 So just before it dies, it cries
 In the slaughterhouse full of germs and flies
 Off with the head, they pack it, drain it, and cart it
 And there it is, in your local supermarket
 Red and bloody, a corpse, neatly packed
 And you wonder about heart attacks?
 Come on now man let's be for real
 You are what you eat is the way I feel
 But, the food and drug administration
 Will tell you meat is the perfect combination
 See cows live under fear and stress
 Trying to think what's gonna happen next
 Fear and stress can become a part of you
 In your cells and blood, this is true
 So when the cow is killed, believe it
 You preserve those cells, you freeze it
 Thaw it out with the blood and season it
 Then you sit down and begin eatin it
 In your body, it's structure becomes your structure
 All the fear and stress of another
 Any drug is addictive by any name
 Even drugs in meat, they are the same
 The fda has america strung out
 On drugs in beef no doubt
 So if you think that what I say is a bunch of crock
 Tell yourself you're gonna try and stop
 Eatin meat and you'll see you can't compete
 It's the number one drug on the street
 Not crack, cause that was made for just black
 But brown beef, for all american teeth
 Life brings life and death brings death

Keep on eatin the dead and what's left
Absolute disease and negative
Read the book 'how to eat to live'
By elijah muhammad, it's a brown paperback
For anybody, either white or black
See how many cows must be pumped up fatter
How many rats gotta fall in the batter
How many chickens that eat shit you eat
How much high blood pressure you get from pig feet
See you'll consume, the fda could care less
They'll sell you donkey meat and say it's
Fresh!for nineteen-ninety, you suckers